

# SENIOR SPARKS

## *Mansfield Senior Center Newsletter* ~ AUGUST 2015 ~

*Join us for an  
Afternoon Reception  
as we welcome  
our new Program Coordinator,  
Kristen Caramanica!*

**Monday, August 3rd at 1:00pm**

### **HAWAIIAN LUAU**



Leave all your cares behind &  
get away to the Islands  
without ever leaving Mansfield!

Be sure to dress your best—  
there will be a prize for the most  
colorful Hawaiian outfit!

#### **ON THE MENU:**

BBQ Ribs  
Macaroni Salad  
Coleslaw  
Pineapple Upside Down Cake

**WEDNESDAY, AUGUST 12TH AT 12PM**

**\$7.00 PER PERSON**

Please purchase your ticket  
at the Senior Center by August 5th

**Newcomer's Breakfast  
August 25th at 9:00am**



Join us for a delicious continental breakfast  
and an opportunity to learn all you ever  
wanted to know about the Senior Center!

**Please Register  
to 860-487-9870 by August 21st**

Enjoy a Delicious Dinner of  
Crab Stuffed Flounder,  
Baked Potato & Garden Salad  
with Peach Cobbler for Dessert!



After Dinner, treat your ears,  
tap your feet & sing along to the music  
of Local Musician Jim Dehls,  
who will serenade us with a  
variety of all your old favorites!

**FRIDAY, AUGUST 28TH AT 5PM**

**\$7.00 PER PERSON**

Please purchase your ticket  
at the Senior Center by August 21st

**Mansfield Senior & Wellness Center**  
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208  
Town Website: [www.mansfieldct.org](http://www.mansfieldct.org)



## **MANSFIELD SENIOR & WELLNESS CENTER**

### **HOURS:**

MONDAY THROUGH FRIDAY  
8:30 AM TO 4:30 PM

**TEL: 860-429-0262**

**FAX: 860-429-3208**

**TOWN WEBSITE: [WWW.MANSFIELDCT.ORG](http://WWW.MANSFIELDCT.ORG)**

**E-MAIL: [SENIORCNTR@MANSFIELDCT.ORG](mailto:SENIORCNTR@MANSFIELDCT.ORG)**

### **SENIOR CENTER SUPERVISOR:**

SARAH TAYLOR  
860-487-9874

### **PROGRAM COORDINATOR**

KRISTEN CARAMANICA  
860-487-9872

### **VOLUNTEER TRANSPORTATION COORDINATOR:**

GIANNA STEBBINS  
860-487-9877

### **RECEPTIONIST:**

KATHY YAFFEE  
860-487-9870

### **SITE SERVER:**

SHARON CARON  
860-487-9876

### **SOCIAL WORKER:**

KATHY ANN EASLEY, LMSW  
860-487-9873

### **OUTREACH WORKER:**

SARAH DUFRESNE  
860-487-9875

## **Senior Center Update**

*From Sarah Taylor, Senior Center Supervisor*

*Ah, the last long breath of summer - this season wouldn't be so special if it lasted any longer! I hope that you'll take the time to bask in these warm sunny days, relish the long summer nights and join us at the Senior Center for all that we have planned in August!*

*Despite the season's insistence that we slow down a bit, we've been very busy here! We are beyond thrilled to introduce our new Program Coordinator, Kristen Caramanica! Kristen comes to us with many talents and several years of experience working as a Program Coordinator at the Madison Senior Center. With Kristen's arrival, we are officially fully staffed and truly excited to begin this next chapter here at the Senior Center! Please help us give Kristen a warm welcome at an Afternoon Reception on Monday, August 3rd at 1pm!*

*As always, if you have ideas, suggestions or feedback, please don't hesitate to let us know! We look forward to seeing you!*

## **THANK YOU TO ALL OF OUR WONDERFUL VOLUNTEERS!!**

*We simply couldn't do what we do without you!*

## **DO YOU NEED TRANSPORTATION?**

**FREE TRANSPORTATION  
TO MEDICAL & DENTAL APPOINTMENTS  
IS AVAILABLE FOR MANSFIELD RESIDENTS**

\* Our drivers are available  
Monday through Friday from 8:30AM - 4:30PM

\* We kindly request 48-72 hours notice, although special exceptions for emergency requests will be made depending upon volunteer availability

\* 7-10 days notice is required  
for out-of-district medical transport  
(i.e. Glastonbury, Manchester, Norwich)

**PLEASE CALL GIANNA STEBBINS,  
TRANSPORTATION COORDINATOR,  
AT 860-487-9877 FOR MORE INFORMATION**

**DIAL-A-RIDE TRANSPORTATION**  
is available for Mansfield residents.  
Please call 860-456-1462 at least **48 hours** in advance. This service is provided by the Windham Regional Transportation District.

*Greetings from MSCA*

My mottos for my term are “Kindness Matters,” and “Ask not what the Senior Center can do for you, ask what can I do for the Senior Center?”

We will have a Mini Bazaar the second week in August, the 10th thru the 14th. It will be held in the Alcove. We will have odds and ends, jewelry, jersey's, polo shirts, cookbooks, etc. Some at Reduced Price. If you can be a monitor/clerk, please call 860-429-1183 or 860-429- 0262, ext 5, the Association Office.

As we are all aware prices of food are going up so from now on we will charge the same amount for the meals as TVCCA charges us. Entertainment can cost 100 to 300 dollars, so we need to defray the cost by charging a fee. You will get tickets and can just come for the meal or just come for the show. We will need to see the ticket, so we know you have paid. Thank you for your understanding.

We will show ***THE LEGO MOVIE*** on Monday, August 17th at 1:00 PM. We will serve popcorn and drinks, and, if you wish, bring your own candy. Grandchildren are welcome.

With a donation from Lida Bilukor, we will donate it to the Mansfield Library, so they can purchase a Pass for a museum. These passes reduce the cost to enter the places of interest in Connecticut. There are thirteen places of interest the library has passes for. Check it out.

To all friendly caring seniors, we are looking for someone to pay attention to your neighbors and friends. Let us know if there are concerns, so we may send an appropriate message. Thank You!

When you go to the bank please request smaller bills, as we have difficulty when we are presented with 20 dollar bills at the receptionist desk.  
Thank You!!

Lastly, if you suffer from anxiety, take a deep breath, and then blow out for a count of 8. Do this 3 times and it will help. Or just get a bottle of Bubbles, and blow bubbles, and laugh. This will definitely help!

Sincerely, Jean Ann Kenny

MSCA President

**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.**

## EXECUTIVE BOARD MEMBERS

**1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT:	JEAN ANN KENNY
VICE PRESIDENT:	LINDA WOHLLEBE
IMMEDIATE PAST PRESIDENT:	RITA BRASWELL
SECRETARY:	BEVERLY GOTCH
FINANCE OFFICER:	VACANT
TREASURER:	VACANT
ASSNT. TREASURER:	KATHY RULE
MEMBER-AT-LARGE:	CINDY SCHAFFER

## COMMITTEE CHAIRS

TRAVEL:	KAY WARREN
PROGRAM PLANNING:	JOAN DOIRON
WAYS & MEANS:	BETTY SAVAGE
MEMORIAL COMM.:	LINDA WOHLLEBE
COMPUTER COMM.:	ROTATING
<i>SPARKS</i> COMMITTEE:	RITA BRASWELL
<i>SPARKS</i> SUBSCRIPTION MANAGER:	KATHY RULE

**HAVE YOU GOTTEN YOUR MSCA  
COOKBOOK YET?**

**IT'S A WONDERFUL COMPILATION OF  
RECIPES AND ARTWORK BY  
MANSFIELD SENIORS!  
GET YOURS TODAY!**

**\$10.00 EACH AT THE SENIOR CENTER**

**The Mansfield Senior Center  
Association, Inc., NEEDS YOU!**

We are looking for volunteers to help with our Mini Bazaar during the 2nd week of August! Please let us know if you'd be willing to help with pricing items, setting up, manning tables or cleaning up afterwards.

We're also looking for volunteers to help plan our 40th Anniversary Celebration in September!

If you're interested, please call  
the MSCA office at 860-429-0262, ext. 5  
and leave a message!

# *New in August*

## **BETTY IS BACK!**

Everyone is welcome to this friendly,  
lively discussion group!

### **CONVERSATIONS WITH BETTY**

*Thursdays at 1:30*

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## **ART CLASSES**

*Fridays in August at 1:00 pm*

**AUGUST 7TH:**

SPONGE PAINTING TECHNIQUE

**AUGUST 14TH:**

MAKING CARDS & WALL HANGINGS

**AUGUST 21ST:**

DOODLE PAINTING

**AUGUST 28TH:**

DECOUPAGE VASES

**\$5.00 per person/per class**

**Please register with Kathy Yaffee  
(860-487-9874) at least one week  
before each class so that we can  
plan ahead for materials.**



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***DO YOU HAVE  
A SONG IN YOUR HEART?***

### **JOIN THE MANSFIELD SENIOR CHORUS FOR A SING-A-LONG**

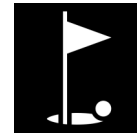
***MONDAY, AUGUST 31 AT 1:30PM***



We'll spend the afternoon singing,  
picking our music for the year  
& answering questions  
about our SABT Senior Chorus.

## **INDOOR PUTTING**

***Fridays in August at 1:30 pm***



Try your hand at Indoor Putting  
& Improve your Short Game!

We will review Instructional videos as well.

There is no cost for this program  
and no need to pre-register.

All equipment will be supplied,  
but you're welcome to bring along your  
own putter if you'd like.

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## **MOVIE DISCUSSION GROUP**

***Monday, August 10th at 1:00 pm***

This is a group for those who love movies  
and love talking about them!

Our first movie will be



**Starring**

**Jack Nicholson and Morgan Freeman**

Come and watch the movie, enjoy a snack,  
then stick around for a group discussion about  
some of the movie's main themes.

This will give you the opportunity to take  
your love of film to the next level!

***See you there!***



# Focus on Fitness

## Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

**Mondays 9:00-9:40am**  
**Wednesdays 9:00-9:40am**  
**Fridays 9:00-9:40am**

**There is no need to pre-register and no fee for this class.**

## Strength & Stability



This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

**Pre-registration is required.**

**Tuesdays 8:30-9:30am**  
**4 Classes—\$20.00R/\$24.00NR**

**Thursdays 8:30-9:30am**  
**4 Classes—\$20.00R/\$24.00NR**

## Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class.

**Pre-registration is required.**  
**This class is limited to 9 students.**

**Wednesdays 11:00am-12:00pm**  
**4 Classes—\$20.00R/\$24.00NR**

## Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.

**Pre-registration is required.**

**Mondays 9:00-10:00am**  
**3 Classes—\$15.00R/\$18.00NR**

**Thursdays 3:15-4:15pm**  
**3 Classes—\$15.00R/\$18.00NR**

## Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Pre-registration is required.**

**Tuesdays 11:00am-12:00pm**  
**4 Classes—\$20.00R/\$24.00NR**

**Thursdays 12:30-1:30pm**  
**4 Classes—\$20.00R/\$24.00NR**

## Fundamentals of Tap



This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork.

**Pre-registration is required.**

**Wednesdays 1:00-2:00pm**  
**4 Classes—\$20.00R/\$24.00NR**

## SPARKETTES Class

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

**Pre-registration is required.**

**Mondays 10:15-11:45am**  
**\*No Classes in August\***



## Tai Chi Cooperative Group

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**Wednesdays 10:00-11:00am**

**There is no need to pre-register and no fee for this class.**

## PLEASE NOTE:

**Sit & Get Fit**  
**has been discontinued due to**  
**Instructor availability.**

**If you're looking for a**  
**low-impact and/or seated**  
**exercise class, please consider**  
**trying our Power of Aging class**  
**on Tuesdays or Thursdays!**

**\*\* Resident and Non-resident Prices listed are for the month of August\*\***  
**Please Note: Pre-registration is now required for all fitness classes.**

**Classes do fill up, so please register early!**  
**For more information, please call Kathy Yaffee at 860-487-9870.**

## CREATIVE ARTS

### ***Quilting***

This session will feature "Projects of Your Choice." Use this time to begin new projects or complete projects that need a finishing touch. This is a great opportunity to get some holiday gift items made. Whether it's a project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." Bring your lunch, sign up at the Senior Center or join in when we order take-out.

***Mondays, August 3rd & 17th***

***from 10:00 am-4:00 pm***

***\$30.00R/\$35.00NR per day***

### ***Art Studio***

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists

***Tuesdays at 1:00 pm***

### ***Wood Carving***

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

***Wednesdays at 9:30 am***

### ***Jewelry***

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

***Thursdays at 1:00 pm***

### ***Knitting & Crocheting***

Come enjoy knitting or crocheting with friends!

***Fridays at 10:00 am***



## WELLNESS PROGRAMS

### ***Herrmman Blood Pressure Clinic***

Open to those 55 and above. There is no cost and no pre-registration required.

***August 5th from 11:30 am-12:00 pm***

### ***Massage Therapy & Reflexology***

Treat yourself to a massage or reflexology session and reap the health benefits! The cost for a 25-minute session is \$15.00.

***August 12th from 9:00 am-1:00 pm***

### ***VNA East Adult Health Screenings***

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

***August 19th from 1:00-3:00 pm***

### ***Podiatrist***

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

***September 8th from 9:00 am-12:00 pm***

### ***Mini Spa***

Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The price for nail clipping is \$15, payable directly to Hope at the time of the appointment.

***September 14th from 9:00 am-12:00 pm***

**Please call Kathy Yaffee at 860-487-9870  
for more information or to make  
your appointment today!**

### **Health Presentation: New Treatments for Arthritis & Joint Pain**

***Monday, August 24th at 1pm***

Dr. Scott Stanat of the Norwich Orthopedic Group is the only surgeon in Connecticut who is fellowship trained in Robotic Assisted Total Joint Replacement.

Join him for an informational presentation on this new technology and strategies for living well with arthritis.

**Please Register to 860-487-9870  
by Friday, August 21st**

## GROUPS & CLUBS

### Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites & information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started!

This group meets on the **2nd Tuesday of each month at 10:00 am.**

### Conversations with Betty

Everyone is welcome to join us for this friendly, lively discussion group! For more information, please call Betty at 860-429-6324. This group will meet **each Thursday in August from 1:30-3:00 pm**

### Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00 am.** Please call Dan Gebben at (860) 576-1122 for more information.

### Senior Center Chorus

The Mansfield Senior Center Chorus, a SATB choral group, will be starting up September 14th when our Music Director returns. Practices will be on Mondays from 1:30 -3:00 pm to prepare for our concerts at local nursing homes, rehab facilities and Senior Centers in December. Watch for further announcements!

### Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group.

We hope to see you there!

**Wednesdays at 10:00 am**

### Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

**Wednesdays at 12:00 pm**

## AFTERNOON AT THE MOVIES

### The Lego Movie

Bring the kiddos to see this fantastic movie that is truly a cinematic work of lego art! Popcorn & beverages will be provided.

**Monday, August 17th at 1:00pm**

*Sponsored by the MSCA*



## ~ CARDS & GAMES ~

### WII BOWLING

Mondays at 10:00 am

Tuesdays at 10:00 am

Thursdays at 10:00 am

### BRIDGE

Thursdays at 1:00 pm

### DUPLICATE BRIDGE

3rd Friday at 12:45 pm

### SCRABBLE

Tuesdays at 10:00 am

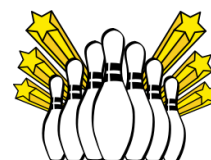
Fridays at 10:00 am

### MAHJONGG

Mondays at 1:00 pm

### BINGO

Tuesdays at 1:00 pm



## CALLING ALL BOWLERS!

The Mansfield Senior Center  
Wii Bowling Travel Team  
needs you!

Starting in September, we'll travel to or host a different Senior Center Team once a month for some friendly competition and a chance to meet new friends! The league will run from September to April with a Tournament in May.

We're still looking for a few folks to round out our roster, so if you'd like to join this fun bunch, please see Sarah.  
No experience necessary.

**Come try it out here  
on Mondays, Tuesdays or  
Thursdays at 10 am!**



# ***AUGUST DAY TRIPS***

## **A DAY AT THE SHORE IN WATCH HILL, RI ~ August 5<sup>th</sup> from 8:30AM – 4:30PM**

So much to see and do in this little beachside community! Flying Horse Carousel, lots of little shops to get lost in, lots of little eating spots, or bring a picnic lunch and beach chair and hang out on the beach for the day! The day is yours to do with what you want! \$3pp to cover parking fee.

## **LUNCH BUNCH AT POINT BREEZE RESTAURANT, WEBSTER, MA ~ August 6<sup>th</sup> from 11AM – 3PM**

Back by popular demand!! Enjoy a glorious summer day on the deck of this New England seafood restaurant on the banks of Webster Lake.

## **ROYAL LIPIZZANS AT ROSELAND COTTAGE, WOODSTOCK, CT ~ August 14<sup>th</sup> from 3PM - 9PM**

The Royal Lipizzan Stallions are among the last horses capable of executing the dramatic "Airs Above the Ground" leaps and plunges that were developed as aggressive battle maneuvers in the sixteenth century. This hour-and-a-half program takes place on the beautiful grounds of the Historic Roseland Cottage! We'll stop at the Vanilla Bean Café for an early dinner before our arrival at Roseland Cottage. Admission is \$12pp.

## **LUNCH BUNCH AT WRIGHTS CHICKEN FARM, HARRISVILLE, RI ~**

**August 20<sup>th</sup> from 10:30AM – 3:30PM**

Come experience this one of a kind chicken farm and treat your tastebuds to a family-style chicken dinner! \$13pp all-inclusive – CASH ONLY

## **VAN GOGH AND NATURE AT THE CLARK MUSEUM, WILLIAMSTOWN, MA ~**

**August 26<sup>th</sup> from 8:30AM-5PM**

From his earliest letters to his last great works of art, Vincent van Gogh showed an extraordinary fascination with the natural world. Don't miss your chance to see this collection of oil paintings and drawings that illustrate Van Gogh's developing relationship with his natural surroundings. Lunch available at Café 7 located within the museum. Admission is \$20pp.

## **WINDHAM TEXTILE MILL, WILLIMANTIC, CT ~ August 28<sup>th</sup> from 11AM – 4PM**

Inspiration Quilts – Then and Now: This exhibit celebrates the museum's 25<sup>th</sup> anniversary featuring 25 quilts from the museum's collection, 12 contemporary quilts, and a group quilt of 25 blocks by members of the CT chapter of Studio Art Quilt Associates. We will stop for lunch at a "mystery location" before going to the museum. Admission is \$5pp.

## **THIMBLE ISLANDS CRUISE, BRANFORD, CT ~ August 31<sup>st</sup> from 9:30AM - 4:30PM**

Due to the overwhelming response, we are offering this trip once again! Welcome aboard! Enjoy this lovely cruise around 25 breathtaking islands! Be sure to bring a little snack to enjoy on board! Lunch stop at The Chowder Pot in Branford!!! Admission is \$9pp.

### **Please Note:**

**Lunch cost on these trips is at your own expense.**

**These trips fill up quickly, so please register early!**

**If you do need to make a cancellation, please do so as soon as possible.**

**Last minute cancellations quite often result in trips being cancelled.**

**Effective July 1st:**

**Mansfield Residents aged 60 and over will be eligible to register immediately for upcoming trips. One week (7 days) prior to the trip, the list will open for non-residents to register.**

**However, if you are a non-resident, please have your name placed on the waiting list.**

**Participants will be moved to the main list in the order in which they registered.**

**If you have any questions or concerns regarding this policy, or would like more information on any of these trips, please contact Gianna Stebbins at 860-487-9877.**



# MSCA TRAVEL with KAY

## Triple Lobsters ~ August 11th

The Riverboat Ramblers presents an engaging mix of New Orleans Jazz, Cajun, Calypso, Ragtime, Zydeco, Swing and Gospel music! Trip includes motorcoach, delicious lunch with 3 Lobsters or Prime Rib, fantastic Riverboat Ramblers show and driver gratuity. **\$90.00pp**



## Branson Show Extravaganza ~ September 12th-20th

**A trip you don't want to miss!** Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **Please sign up early, as this trip will fill quickly!** **\$75.00 deposit** (insurance must accompany deposit if you want the insurance.)



## The 9/11 Museum & Memorial—Friday, Sept. 25th

Package includes: motor coach, visit to the 9/11 Memorial including admission to the Museum, dinner stop at El Dorado West (on your own), and driver gratuity. **\$76.00pp**



## Salem, MA ~ October 3rd

You will only be paying for the bus and the driver tip. Your meals and admission to the various museums will be on your own. You will have the day to go wherever you want in Salem. The bus will drop us off and you be at the requested pick-up place in Salem for departure. Please call Kay to make your reservation. **Full payment is due at the time of registration.** **There are 30 seats available. \$48.00 pp**



## \* Also in October \*

A beautiful fall foliage trip to **Quechee Gorge** in Vermont! Flyers are available at the Senior Center.

*For more information on any of these trips,  
contact Kay Warren at 860-429-0262, ext. 6.*

*Kay is available at the Center on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

## COMPUTER CLASSES

### ME & MY IPAD



**TUESDAY  
AUGUST 4TH  
10AM—12PM  
FREE**

2 hour seminar  
explaining the uses  
and versatility of  
the Apple iPad.

### EMAIL



**TUESDAY  
AUGUST 18TH  
10AM—12PM  
FREE**

Topics: reading an  
email address,  
creating mailboxes,  
setting up email  
contacts and more!

### INTRO TO FACEBOOK



**TUESDAY  
AUGUST 25TH  
10AM—12PM  
FREE**

Explore page layout,  
posting messages,  
uploading photos,  
adding contacts and  
more!

### THE INTERNET & skype



**TUESDAY  
SEPTEMBER 1ST  
10AM—12NOON  
FREE**

Learn to surf on  
different browsers  
safely and  
communicate  
with skype.

**ALSO COMING IN SEPTEMBER:**

**SMARTPHONES MADE EASY  
WITH REPRESENTATIVES FROM VERIZON WIRELESS**



**Computer Classes are taught by members of the MSCA Computer Council.**

**For more information on the Computer Council or any of their classes,  
please call the Senior Center at 860-429-0262 or stop in any Monday at 10am.**

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# ~ TVCCA SENIOR CAFE AUGUST MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BAKED ZITI W/ GROUND BEEF BROCCOLI & CARROTS FRESH FRUIT	<b>4</b> MONTI CRISTO: HAM, TURKEY SAUSAGE, AMERICAN CHEESE & FRENCH TOAST CAPRI VEGGIES CHOCOLATE CHIP COOKIE	<b>5</b> LEMON GARLIC CHICKEN ROASTED POTATOES PEAS & CARROTS FRUIT COCKTAIL OR HAM SALAD PLATTER	<b>6</b> SALISBURY STEAK BUTTERED NOODLES SLICED CARROTS PEARS & MANDARIN ORANGES	<b>7</b> RAVIOLI WITH MARINARA GARLIC BREAD WAX & GREEN BEANS APPLESauce CUP OR TURKEY COBB SALAD
<b>10</b> CRISPY BAKED CHICKEN RICE PILAF STEWED TOMATOES CRANBERRY JUICE SUGAR COOKIE	<b>11</b> SLOPPY JOES WITH BUN BAKED BEANS CHUCK WAGON VEGETABLES FRESH FRUIT	<b>12</b> HAWAIIAN LUAU BBQ RIBS MACARONI SALAD COLESLAW PINEAPPLE UPSIDE DOWN CAKE \$7.00 PER PERSON REGISTER BY 8/5	<b>13</b> BAKED COD ITALIANO CUMIN & GARLIC RUBBED POTATOES CAPRI VEGGIES FRUIT COCKTAIL	<b>14</b> TUSCAN BAKED CHICKEN SEASONED RICE BROCCOLI & CARROTS PINEAPPLE CUP OR TUNA SALAD PLATTER
<b>17</b> MEXICAN BAKED COD WITH CORN SALSA MASHED POTATOES CAPRI VEGGIES APPLESauce CUP	<b>18</b> STUFFED SHELLS WITH MARINARA PEAS & WAX BEANS PEARS & MANDARIN ORANGES	<b>19</b> SWEDISH MEATBALLS BUTTERED NOODLES SLICED CARROTS FRESH ORANGE OR GREEK SALAD	<b>20</b> STUFFED CHICKEN CORDON BLEU RICE PILAF STEWED TOMATOES PEACH CUP	<b>21</b> PINEAPPLE GLAZED HAM MASHED SWEET POTATOES CAPRI VEGGIES APPLE JUICE DANISH OR CHICKEN CAESAR SALAD
<b>24</b> BEEF HOT DOG BAKED BEANS LONG BEAN MEDLEY PEARS & MANDARIN ORANGES	<b>25</b> MEATLOAF WITH GRAVY MASHED POTATOES MIXED VEGGIES PINEAPPLE CUP	<b>26</b> PORTUGUESE CHICKEN SEASONED RICE & BLACK BEANS CHUCK WAGON VEGETABLES GRAPE JUICE CUPCAKE OR TURKEY COBB SALAD	<b>27</b> MANICOTTI WITH MARINARA GARLIC BREAD BROCCOLI & CARROTS FRUIT COCKTAIL	<b>28</b> MEATBALL GRINDER WITH SUB ROLL & MOZZARELLA CHEESE ITALIAN VEGETABLE MEDLEY FRESH ORANGE OR HAM SALAD PLATTER
<b>31</b> WESTERN OMELET ROASTED POTATOES CHUCK WAGON VEGETABLES PEACH CUP	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><b><i>SUMMER SALADS ARE BACK!</i></b></p> <p>Salads will be available on Wednesdays &amp; Fridays throughout the summer. Please be sure to order salads <i>at least</i> 3 days in advance. The suggested voluntary donation for salads is \$4.00.</p> </div>  </div> <div style="background-color: #d3d3d3; padding: 10px; margin-top: 10px;"> <p><b>Lunch is served at 12:00pm Monday through Friday for individuals aged 60 &amp; over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal.</b></p> <p><b>1 % milk and whole grain bread are served with each meal. Menu is subject to change without notice. The price for those under 60 is \$12.10. Please remember to make your reservation by 10am the day before you plan to come for lunch!</b></p> </div>			

NAME \_\_\_\_\_

## NEWS FROM THE COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters.

Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

*The next Commission on Aging meeting will be **September 14th at 9:30 am** at the Senior Center, and the public is encouraged to attend. For more information, please contact Commission Chair Will Bigl at 860-429-0180.*

### **OUR FUTURE TOMORROW LIES IN YOUR VISION TODAY**

The Senior Center is a refuge for many Mansfield people. Without its enrichment their lives would be lonely and dull, devoid of sociability and human contact. Other Seniors use it as one facet of an already interesting, busy life. Some use it for travel, some for education, some for hobbies, some for lunch, some for games, etc. However you view the role of the Senior Center in your life, the fact is that the building is showing its age and needs your support. If you have come from or visited another town, you know our Center lacks many features that are standard elsewhere. A few people are studying what the Center should look like in 10 or 20 years to accommodate a changing and growing senior population. Can you give one hour a month to explore possibilities? It is important to be ready when the town decides it is the strategic time to recognize the value of updating the Center to meet the times. What is your vision of the best Senior Center? Tell us and work with us the second Monday of each month at 2:00 pm at the Center. See you there.

For more information, please call Bettejane at 860-429-5279.

## ADULT & SENIOR SERVICES

### Mobile Food Share at Wright's Village

Aug 13th & 27th

11:30am-12:15pm

**No registration necessary.**

**Bring your own shopping bags.**

### ~ SUPPORT GROUPS ~

**The Low Vision Support Group will meet Wednesday, August 12th from 11am-12pm.**

**The Caregiver's Support Group will meet Wednesday, August 19th from 3:00-4:00pm.**

### RENTERS REBATE

**Program runs thru Oct 1st.**

**Income guidelines are:**

**\$42,200 for married/civil union couples**

**\$34,600 for single persons**

**Please call for an appointment.**

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

### VOLUNTEERS NEEDED

If you already have the knowledge or you're willing to be trained by Senior Resources, you could volunteer as a CHOICES counselor to help seniors navigate through Medicare.

This a year round opportunity.

Please call us at 860-429-3316 or 860-487-9873.

***Our Social Workers are available to assist Mansfield residents connect to individuals with services and programs that are available within the community.***

**Kathy Ann Easley  
Adult Services Social Worker  
860-487-9873**

**Sarah Dufresne  
Outreach Worker  
860-487-9875**





# ~ AUGUST ~



## MONDAY

3.  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:00 QUILTING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
**1:00 WELCOME  
RECEPTION FOR  
KRISTEN**

## TUESDAY

4.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR OF AGING  
12:00 LUNCH  
1:00 BINGO  
1:00 ART STUDIO

## WEDNESDAY

5.  
**8:30 WATCH HILL  
TRIP**  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
**11:30 HERRMMAN BP**  
12:00 CAUSERIES  
**12:00 BIRTHDAY  
LUNCH**  
1:00 FUND. OF TAP

## THURSDAY

6.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**11:00 POINT BREEZE  
RESTAURANT TRIP**  
12:00 LUNCH  
12:30 PWR OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
1:30 CONVERSATIONS

## FRIDAY

7.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 PHOTO CLUB  
10:00 KNITTING &  
CROCHETING  
11:00 BRAIN AEROBICS  
12:00 LUNCH  
**1:00 ART CLASS:  
SPONGE PAINTING**  
**1:30 PUTT AROUND**

10.  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
**1:00 MOVIE  
DISCUSSION GRP**

11.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:00 SCRABBLE  
10:00 GENEALOGY  
11:00 PWR OF AGING  
**11:00 PRESENTATION:  
SILVERSNEAKERS**  
12:00 LUNCH  
1:00 BINGO  
1:00 ART STUDIO  
**6:00 MS SUPPORT**  
**MSCA TRIP:  
\* TRIPLE LOBSTERS \***

12. 9:00 WALK DVD  
**9:00 MASSAGE  
& REFLEXOLOGY**  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
**11:00 LOW VISION  
SUPPORT GRP**  
12:00 CAUSERIES  
**12:00 HAWAIIAN  
LUAU**  
1:00 FUND. OF TAP  
**1:00 MSCA Ex. Bd.**  
7:00 TNT QUILTERS

13.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**11:30 FOODSHARE**  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
1:30 CONVERSATIONS  
3:15 SR. AEROBICS

14.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 KNITTING &  
CROCHETING  
11:00 BRAIN AEROBICS  
12:00 LUNCH  
**1:00 ART CLASS:  
MAKING CARDS &  
WALL HANGINGS**  
**1:30 PUTT AROUND**  
**3:00 ROYAL  
LIPIZZANS TRIP**

17.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:00 QUILTING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
**1:00 LEGO MOVIE**

18.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR. OF AGING  
12:00 LUNCH  
1:00 BINGO  
1:00 ART STUDIO

19.  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
12:00 CAUSERIES  
12:00 LUNCH  
1:00 FUND. OF TAP  
**1:00 VNA EAST**  
**3:00 CAREGIVER'S  
SUPPORT GRP**

20.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**10:30 WRIGHT'S  
CHICKEN FARM TRIP**  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
1:30 CONVERSATIONS  
3:15 SR. AEROBICS

21.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 PHOTO CLUB  
10:00 KNITTING &  
CROCHETING  
11:00 BRAIN AEROBICS  
12:00 LUNCH  
12:45 DUP. BRIDGE  
**1:00 ART CLASS:  
DOODLE PAINTING**  
**1:30 PUTT AROUND**



# ~ AUGUST ~



## MONDAY

24.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
**1:00 PRESENTATION:  
ARTHRITIS &  
JOINT PAIN**

## TUESDAY

25.  
8:30 STRENGTH &  
STABILITY  
**9:00 NEWCOMER'S  
BREAKFAST**  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR. OF AGING  
12:00 LUNCH  
1:00 BINGO  
1:00 ART STUDIO

## WEDNESDAY

26.  
**8:30 CLARK  
MUSEUM TRIP**  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
12:00 CAUSERIES  
12:00 LUNCH  
1:00 FUND OF TAP

## THURSDAY

27.  
8:30 STRENGTH &  
STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**11:30 FOODSHARE**  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
1:30 CONVERSATIONS  
3:15 SR. AEROBICS

## FRIDAY

28.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 KNITTING &  
CROCHETING  
11:00 BRAIN AEROBICS  
**11:00 TRIP: WINDHAM  
TEXTILE MUSEUM**  
12:00 LUNCH  
**1:00 ART CLASS:  
DECOUPAGE VASES**  
**1:30 PUTT AROUND**  
**5:00 SUMMER NIGHT**

31.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
**9:30 THIMBLE  
ISLANDS TRIP**  
10:00 PC HELP  
10:00 WII BOWLING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
1:30 SING-A-LONG



*"ONE BENEFIT OF SUMMER  
WAS THAT WE HAD MORE LIGHT TO READ BY."  
JEANETTE WALLS*



The Mansfield Library offers personalized delivery services to homebound Mansfield Residents. Call them today at 860-423-2501 for more information!



## SAVE THESE DATES



**DINNER & ENTERTAINMENT WITH BRUCE JOHN**  
~ SEPTEMBER 11TH ~

**SENIOR CENTER CELEBRATION WEEK**  
~ SEPTEMBER 14TH THOUGH SEPTEMBER 18TH ~

**\* MANSFIELD SENIOR CENTER 40TH ANNIVERSARY CELEBRATION \***  
*STAY TUNED FOR MORE DETAILS!*

## Riddle me This



Answer the riddle below and win a chance for a Free Lunch at the Senior Center! Drop your entry off at the Reception Desk or mail it to:  
Mansfield Senior Center/MSCA,  
303 Maple Road, Storrs, CT 06268,  
Attn: Riddle

Submit your entries by August 31st to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries.

Only one entry per person, please.

**If I have it, I don't share it.  
If I share it, I don't have it.  
What am I?**

## Entry Form

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Answer: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



- 1 Wu Kui Yang, Marceline Guhl, Winthrop Smith, Fritizie Mann
- 2 Billie Skelly, Roy Pettingill, Mary Shinoski, Linda Miller, Julia Soja, Doris Bachand
- 3 Jeffrey Keel, Marguerite Guilbault, Pauline Frey
- 4 Rachel Sherman, Wayne Marcotte, Theresa Eifler, Marion Whitmore, Mary Fay
- 5 Shirley Laws, Kenneth Doeg, James Moran,
- 6 Paul Generous
- 7 Maurice Elliott, Dorothy Blocker, Gertrude Huard, Patricia Stukel, Doris Palmer
- 8 Jo Caler, Frances Anthony
- 9 Ruth Penevolpe, John Elwood, Thomas Burke, Harriet Schneiderman, Vicki Harrington Platt, Irene Ouellette, Doris Sciremammano, Jane Waters, Camille Turcotte
- 10 Joseph Eaton, Leonard Todd, Lorraine Cloutier
- 11 Clara Hutt, Anthony Salvatore
- 12 Clemma Gebbie, Jean Williams, Andrew Seidl
- 13 Christine Ashe
- 14 Eugene Ducharme
- 15 Irene Mesiti, Estelle Elliott, Hyunyong Kim
- 16 Don Arsenault, Virginia Stallman, Ralph Bartram, Suzanne Durdan
- 17 Elizabeth Slater
- 18 Judith Foehrenbach, Nancy Landerman, Carol Menditto
- 19 Pat Allen, Ellie Lamb, Louise Pikarski, Ruth Langin, Lena Sokolovsky, Mary Sederquest
- 20 Howard Raphaelson, Sandra Tourtellotte, Eva Griffith, Katharine Kenderdine, Marleen Dutra
- 21 Alison Bevin, Joyce Watrous, Bill Drexler, Joan Grodeur, Morene Phillips
- 22 Kathy Facchinetti, Victoria Santi, Lorraine Cardinal, Thomas Rogers, Lucien Bergeron, John Kim, Natalie Dodge
- 23 Myrtle Moran, Elvin Dickson, Edward Sicard, Feather Spearman
- 24 Jim Findley, Richard Miller
- 25 Bonnie Peabody, Aina Sedeski, Phillip Maiorana
- 26 Anita Evans, Rev. Phillip Secker, Denise LaBonte, Ann Marie Fortier
- 27 Catherine Butler, Stan Dugan, Carol McMillan, Paul Moews
- 28 Dana Williams, Patricia Maines, Jean Longergan, Marie Long, Anthony Bussolotta, Tove Rosado
- 29 Lionel Boudreau, Kathryn Kruiy, Robin West, Henry Gantick, Beverly Nass
- 30 Michael Gates, Judy Ringuette, Elaine Coelho, Professor W. Gates
- 31 Deb Morin, Mario Bellizzi, Lorraine Jacobsen

Join us for our  
**August Birthday Lunch!**



Celebrate your day with a delicious meal and the company of good friends!

*On the menu:*

Lemon Garlic Chicken, Roasted Potatoes,  
Peas & Carrots, Fruit Cocktail

OR

Ham Salad Platter

And, of course, Cake & Ice Cream for dessert!

**~ August 5th at 12pm ~**

Please register by Friday, July 31st

---

***HOW LONG HAS IT BEEN  
SINCE YOU'VE HAD A PORTRAIT TAKEN?***

Not a snapshot, but a real,  
honest-to-goodness portrait.

As a gift to the Senior Center  
“for the friends I’ve met and the good times  
I’ve had here,” Dick Sallee is offering  
Seniors a formal portrait session and a  
standard 8” x 10” color or black & white  
portrait at no cost to you!

Sessions will be held at the Senior Center.  
Please see Sarah or Dick if  
you’re interested.

***Thank you for your generosity, Dick!***

---

***Free Copies of SPARKS  
are always available at the  
Senior Center, the Library, the  
Community Center & the Town Hall.***



***Or, look us up online at:  
www.mansfieldct.gov in  
Senior Services under  
Departments.***

***If you’re interested in buying a  
subscription that will be mailed  
to your home each month,  
please contact Kathy Rule  
at 860-429-0262, ext. 5***



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**Karen L. Taylor, at 860-429-3315 or Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.**  
**THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

**SENIOR SPARKS NEWSLETTER**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL**  
**PLEASE DELIVER PROMPTLY**

PUT LABEL  
IN THIS BLOCK

### **Sparks Subscription**

Please Note:

The date on your label is your renewal date.

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New: \_\_\_\_\_

**\$12.00 First Class**

Amount Enclosed: \_\_\_\_\_  
(Please make checks payable to MSCA)

**Mansfield Senior Center**  
**303 Maple Rd**  
**Mansfield CT 06268**  
**Attn: Kathy Rule**

### **MANSFIELD COMMUNITY CENTER PRESENTATION:**



***Tuesday, August 11th at 11:00 am***  
***at the Senior Center***

The Community Center now offers several SilverSneakers® Fitness Classes that are FREE of charge for those with SilverSneakers® memberships!

In conjunction with these classes, the Community Center has introduced “Starting Strong,” an excellent orientation program designed to introduce new members to the cardiovascular & strength training equipment in their Fitness Center.

### **Learn what all the buzz is about!**

Representatives from the Community Center will be at the Senior Center to discuss this fantastic new program, answer all your questions, & check membership eligibility.